

## Requirements for NuMenus and Assisted NuMenus: Lunch

*All school meals (as averaged over a week) must meet the specified nutrient standards for the required grade groups, as determined by the nutrient analysis of menus. Meals must also meet the following criteria for a reimbursable meal.*

**Lunch** – Must include at least **three (3) menu items**:

- ▶ **Fluid milk** served as a beverage.
- ▶ **An entree**: An entree is a **combination of foods** or a **single food item offered as the main course**. It is the central focus of the meal and is defined by the menu planner.

| One Menu Item  | Two Menu Items                      |
|--|-------------------------------------|
| Hamburger in a Bun   | Hamburger Patty<br>Bun              |
| Turkey and Gravy on Mashed Potatoes                            | Turkey and Gravy<br>Mashed Potatoes |
| Burrito Grande (Tortilla, Beans, Rice, Tomato, Lettuce, Salsa) | Bean Burrito<br>Spanish Rice        |

- ▶ **A side dish**: Any other food except a condiment or a food of minimal nutritional value.

### Offer versus Serve (Lunch)

- ▶ Students must select at **least two (2)** of the three (3) menu items, one of which **must** be the **entree**.
- ▶ If **more than three (3) menu items** are offered as a meal unit, **students may decline no more than two (2) menu items**. The entree may never be declined. (See “Defining the Meal” on page 2.)



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## Defining the Meal

The meal refers to a specified **number of menu items** identified by the menu planner. Keep in mind that a lunch must consist of a minimum of 3 menu items (entree, side dishes and milk), the student must take the entree, and no more than 2 of the offered items can be declined.

The minimum number of items a student must select for a reimbursable meal depends on how the meal has been defined. ***This information must be clearly identified on the school menu or on signage in the cafeteria.*** For example, if the menu planner determines that a lunch meal contains 4 menu items, students must be told that:

A lunch consists of the entree and at least one other selection:

Entree (**must** choose 1)

Sides (**may** choose up to 2)

Milk (**may** choose 1)

The following chart indicates the minimum number of selections students must take, based on how the meal is defined.

| Menu Items Required   | Menu Items Planned |                |                |                |
|---|--------------------|----------------|----------------|----------------|
| <b>Entrees</b> ( <i>Student must select</i> )<br>Hamburger<br>Cheese Pizza<br>Burrito   | 1                  | 1              | 1              | 1              |
| <b>Sides</b> ( <i>Menu planner determines how many a student may select</i> )<br>Tossed Garden Salad<br>Corn Niblets<br>Spanish Rice<br>Assorted Fresh Fruit<br>Assorted Juice<br>Southern Cornbread<br>Royal Brownie | 1                  | 2              | 3              | 4              |
| <b>Milk</b> ( <i>May select one</i> )<br>Nonfat Milk<br>1% Low-Fat Milk<br>1% Chocolate Milk<br>2% Milk   | 1                  | 1              | 1              | 1              |
| <b>Full meal consists of</b><br>( <i>as determined by Menu Planner</i> )  | <b>3 items</b>     | <b>4 items</b> | <b>5 items</b> | <b>6 items</b> |
| <b>Students may decline up to</b>   | 1 item             | 2 items        | 2 items        | 2 items        |
| <b>Minimum Number of Selections at Point of Service</b>   | <b>2 items</b>     | <b>2 items</b> | <b>3 items</b> | <b>4 items</b> |